

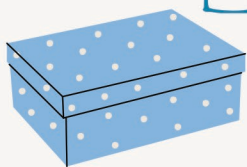


The Digital Fast

THE 28-DAY SCREEN FREE CHALLENGE FAMILY'S



Choose a square to complete each day, use the Aro app to measure your time away from phones & devices, and above all, have fun with The Digital Fast!



Decorate a box for your devices



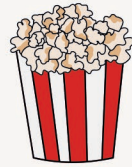
Enjoy a special sweet treat



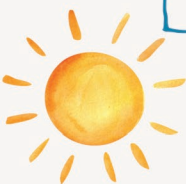
Snuggle up & read



Share highs & lows at family dinner



Family movie night



24 hours screen-free



Plant a flower or tree



Cook something special together



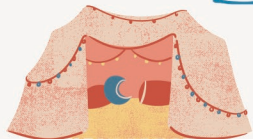
Visit the library & pick out a book



Family nature walk



Random act of kindness



Build a blanket fort



Family dance party!



Make a gratitude jar



Stargaze & talk about creation



Bake & deliver treats



Family picnic



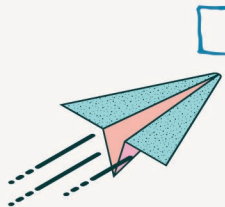
Treasure hunt!



Family game night



Serve your community



Make & race paper airplanes



Write a thank you note



Work on a family puzzle



Draw out your favorite Bible verse



Have a family candle-lit dinner



Family fun night!



Reflect as a family on the challenge



Celebrate with a special screen-free event!

Bonus! Kid's choice!

Bonus! Kid's choice!